GLOBAL HEALTH EMERGENCY

Outbreak linked to Zika virus forces WHO declaration

metroNEWS

The People vs. O.J. Simpson

Series stars recall the actual trial metroLIFE

Vancouver metro

Yoga instructors answer the big Y

metroLIFE

Your essential daily news | TUESDAY, FEBRUARY 2, 2016

High 9°C/Low 3°C Cloudy

A Kermode bear, better known as the Spirit Bear, with its catch of salmon in the Riordan River on Gribbell Island.

THE CANADIAN PRESS FILE

LANDMARK DEAL

B.C.'s Great Bear Rainforest will be protected

metroNEWS

All in the Family Day

LONG WEEKEND

Petition calls for B.C. government to move holiday

Thandi Fletcher
Metro | Vancouver

A Vancouver financial advisor is calling for the provincial government to change B.C.'s Family Day to align with the rest of the country.

This year, Family Day falls on Feb. 8, but if it were up to Andrew Johns, it would be moved to Feb. 15 — the same day it is held in every other province that observes Family Day.

Last year, Johns launched an official hashtag and a Change.org petition, which has gathered more than 16,100 signatures so far, urging Premier Christy Clark to change the date and #UniteFamilyDay across Canada.

The idea for a petition started as a personal matter for Johns who, as a financial advisor, said he was unable to take the day off work to spend with his family.

Since it was first introduced in 2013, B.C. has been the only province to celebrate Family Day on the second Monday of February.

In Alberta, Ontario and Saskatchewan, the holiday is observed on the third Monday of February. Manitobans also take the third Monday of February off work and school to mark Louis Riel Day, while in the United States, the day is celebrated as Presidents' Day.

Johns argues that having Family Day on the second week of February in B.C. doesn't benefit many residents of this province.

Not only are many employees of national companies unable to take the day off work, he said, students at universities in other provinces are unable to go home because their long weekends don't align with their family's schedule.

> **Why wouldn't you have it on the same weekend as the rest of the country?**
> Andrew Johns

After crunching the numbers, Johns said, he also believes the discrepancy in dates could be costing the B.C. government at least $20 million annually in lost revenue due to lost productivity.

"I don't want to get rid of the holiday. Let's just change it so that the most number of people that can, can celebrate Family Day together."

Premier Clark was unavailable to comment on the petition Monday.

In a statement, the Ministry of Community, Sport and Cultural Development said the timing of Family Day was chosen through a public consultation process in 2012. The ministry said more than 31,000 votes were cast at the time, "showing a clear majority in favour of the second Monday in February."

metro NEWS

Your essential daily news

Tim Hortons, Burger King commit to serving only cage-free eggs at all locations by 2025. **Business**

Cause of avalanche probed

FIVE FATALITIES

B.C. Coroner confident of finding answer

The B.C. Coroners Service is confident it will pinpoint the cause of an avalanche near the community of McBride that killed five Alberta snowmobilers last week.

Coroner Barb McLintock says investigators have "nearly always" been able to determine what triggered previous slides.

An avalanche technician wrapped up work on the site in eastern British Columbia on Sunday.

McLintock says in addition to determining the cause of the slide, the investigation will look at contributing factors and whether anything could have been done differently to avoid the deaths.

She says her office will also have to determine whether any recommendations can be made to prevent a similar tragedy from happening in the future.

McLintock says it's impossible to predict how long the investigation will take.

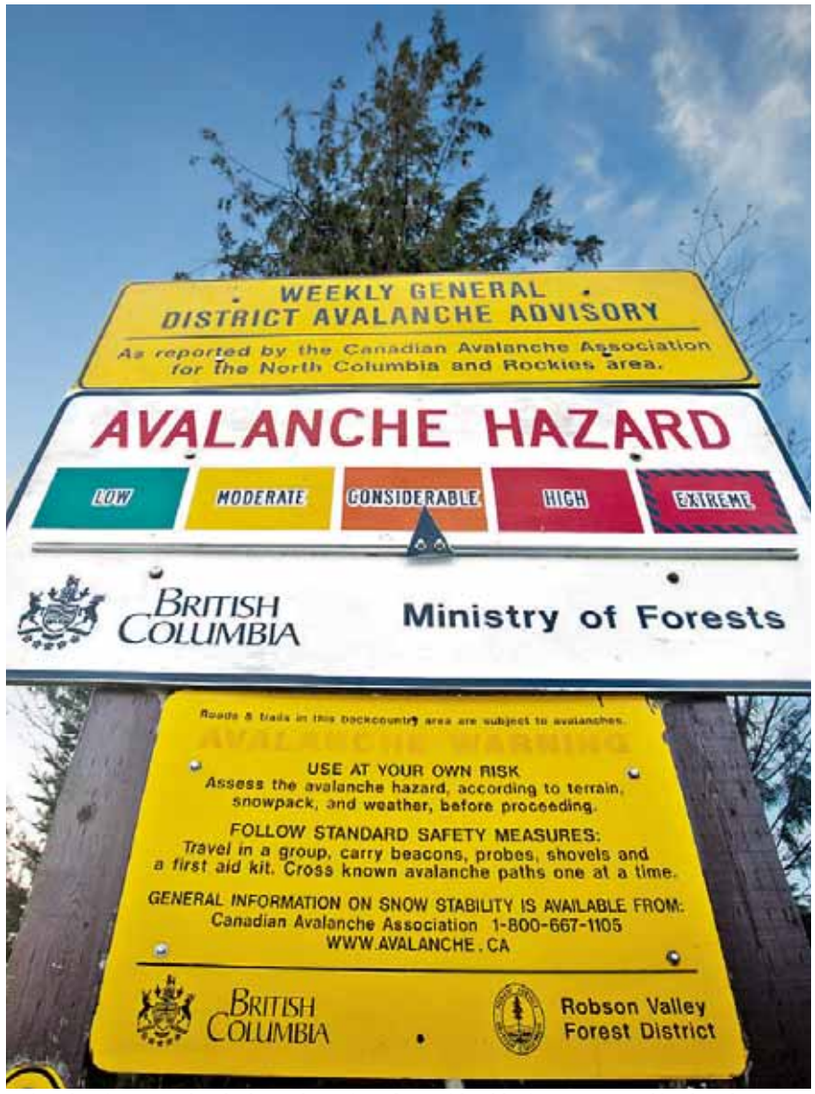
The area where Friday's slide occurred about 20 kilometres east of McBride has been reopened to the public, but the Coroner's Office is urging any members of the public venturing into B.C.'s back country to check with Avalanche Canada to see what risk levels are. The avalanche risk was rated as "considerable" and warning signs were posted. THE CANADIAN PRESS

THE DECEASED

The B.C. Coroners Service revealed over the weekend the identities of the five Alberta men who were among four separate groups of snowmobilers who were in the same area when the slide came down.

They were identified as:

- **Vincent Loewen**, 52, of Vegreville;
- **Tony Greenwood**, 41, of Grand Prairie County;
- **Ricky Robinson**, 55, of Spruce Grove;
- **Todd Chisholm**, 47, of St. Albert;
- **John Garley**, 49, of Stony Plain.


WEEKLY GENERAL
DISTRICT AVALANCHE ADVISORY
As reported by the Canadian Avalanche Association for the North Columbia and Rockies area.
AVALANCHE HAZARD
LOW
MODERATE
CONSIDERABLE
HIGH
EXTREME
BRITISH COLUMBIA
Ministry of Forests
USE AT YOUR OWN RISK
Assess the avalanche hazard, according to terrain, snowpack, and weather, before proceeding.
FOLLOW STANDARD SAFETY MEASURES:
Travel in a group, carry beacons, probes, shovels and a first aid kit. Cross known avalanche paths one at a time.
GENERAL INFORMATION ON SNOW STABILITY IS AVAILABLE FROM:
Canadian Avalanche Association 1-800-667-1105
WWW.AVALANCHE.CA
BRITISH COLUMBIA
Robson Valley Forest District

A sign showing an avalanche hazard warning of "considerable" is seen at a parking lot where snowmobilers embark from near Mount Renshaw outside of McBride, B.C., on Jan. 30.
DARRYL DYCK/THE CANADIAN PRESS

TK'EMLUPS FIRST NATION

Woman, 78, killed by dog

Members of the Tk'emlups First Nation near Kamloops are mourning the death of a 78-year-old woman who was attacked and killed by a dog.

Kathleen Green, an elder of the First Nation, was mauled to death at her home on the southern Interior reserve Saturday night by a dog that was tied up in the backyard.

"They are deeply saddened and shocked by the tragedy that took place," said family spokeswoman Katy Gottfriedson. "They ask that the community and other media respect their privacy at this time as they are mourning their mother, their grandmother, sister and aunt."

Emergency crews called to the scene had to shoot the dog because it continued being aggressive as they arrived.

The B.C. Coroners Service said Green was attacked while she was feeding the mixed-breed dog, which was chained to a structure on her property.

She died at the scene.

Coroner Barb McLintock said fatal dog maulings are very rare and that this case has raised many questions.

"Sometimes it can just be almost, in a sense, bad luck as to what would make an attack fatal or not fatal, so we need to do a lot of work before we know what might have led this to actually become a fatality," McLintock said.

The victim was a residential school survivor and lived with her grandson. THE CANADIAN PRESS

Creativity is subjective. **The truth isn't.**

Truth in Advertising Matters.

ASC Advertising Standards Canada
adstandards.com/psa

Petition urges WestJet to change its cello policy

TRAVEL

Musician says there has been no response from airline

Thandi Fletcher
Metro | Vancouver

More than 200 people have signed a petition urging WestJet to change its baggage policy after the airline refused to allow a cello in the cabin on a recent Vancouver flight, even though its owner bought an extra seat for the instrument.

Although he didn't launch the petition, Nathan Chan, the musician in the middle of the controversy, said he is pleased to see it gaining momentum online.

"It's great that the petition is getting some traction," he told Metro.

"In order for us to make a difference and enact positive change among airlines, it's really going to take a team effort to share our stories and make these acts of travel discrimination public."

Last month, Chan attempted to bring his cello onto a flight from Vancouver to Toronto but was refused by the airline.

The 22-year-old bought his ticket through American Airlines, which allows passengers travelling with a cello to buy an extra seat for the instrument.

When he arrived at the airport, however, he found out that the flight was operated by Calgary-based airline WestJet, and was forced leave the instrument behind with family and forfeit his US$250 ticket for the extra seat.

More than 200 people have signed a petition urging WestJet to change its carry-on baggage policy after the airline refused to allow American cellist Nathan Chan to bring his cello in the cabin on a recent Vancouver flight. COURTESY JIYANG CHEN PHOTOGRAPHY

> It is frustrating and sad that they aren't sticking up for their own customers to make a better travel experience for all. Nathan Chan

According to WestJet, the airline is "not licensed to carry anything in its seats that requires a specialized strap or other device to attach it to a seat."

Since sharing his story online, Chan said he has heard of three other instances of musicians, including famed cellist Paul Katz, buying an extra seat for their cellos only to be refused entry by an airline.

He said it is frustrating airlines continue to enforce baggage policies that are out of tune with musician's needs, especially considering that in the U.S., the airline passenger's bill of rights protects the right of musicians wishing to carry a large instrument into the aircraft cabin to purchase an additional seat for the item.

Chan said he is urging others who have experienced similar issues to share their stories on Twitter using the hashtag #flymusicians.

Metro has reached out to WestJet for comment regarding its baggage policy, but the airline refused to comment.

Although he did receive a refund for the forfeited ticket from American Airlines — as well as an offer from Air Canada for a free flight with his cello back to Vancouver — Chan said he has also yet to hear from WestJet since going public with his story.

"I don't know why they haven't responded to my attempts to reach out to them," he said.

"It is frustrating and sad that they aren't sticking up for their own customers to make a better travel experience for all."

WESTJET

Passengers taken off plane after tire blows

A Maui-bound WestJet flight aborted takeoff Monday in Vancouver after the aircraft blew a tire.

WestJet spokeswoman Lauren Stewart said Flight 1876 was supposed to depart at 10 a.m.

She said first responders got the passengers off the plane on the runway before they were taken back to the terminal by bus. Stewart did not have any information on what caused the tire to blow, but said no injuries were reported.

Passengers were scheduled to leave for Hawaii on another plane. The incident caused a runway at the airport to be closed, so all arrivals and departures were rerouted to another runway. Stewart said the airline is investigating what happened. THE CANADIAN PRESS

IN BRIEF

Toddler unhurt, man found dead near Fort St. John

A two-year-old boy is safe after an 11-hour standoff in a northeastern British Columbia home, but police say a man who allegedly held the child has died.

Fort St. John RCMP say officers entered the residence in Charlie Lake northwest of Fort St. John at about 11 p.m. Sunday.

Mounties say the man was found dead but the toddler was unharmed.

Police surrounded the home at around noon Sunday after a woman reported she escaped from the property during a domestic dispute, leaving her son behind.

THE CANADIAN PRESS

REAL ESTATE

BC Housing studying foreign investment

Premier Christy Clark says the agency that manages and administers subsidized housing in British Columbia is studying the level of foreign investment in the real-estate market.

Housing affordability is a hot topic in Vancouver, where the rental-vacancy rate is below one per cent and the average price of a home on the west side is now more than $2.5 million.

But just how much of a role foreign investment plays in the market remains debatable, although a Finance Ministry analysis last June concluded less than five per cent of home sales in Metro Vancouver involved foreign buyers.

Clark says BC Housing has been studying the issue for more than a year but will need the help of the federal government to fully understand the data.

She says the provincial government will also include initiatives in this month's budget to help it determine if non-citizen buyers have an impact on the property market.

> **"I think with more data, we'll be able to get a grasp on how to address it better.**
> Premier Christy Clark

Clark says the government needs to understand the issue before it can find solutions, and she is also asking people not to vilify non-residents who buy homes in the Vancouver area.

"I think with more data, we'll be able to get a grasp on how to address it better because affordability, especially in the city of Vancouver, less so in the suburbs but certainly there as well, is a real issue and we have to find ways to address it," she said Monday. THE CANADIAN PRESS

LIMITED TIME OFFER
TRIPLE
the rate on your new deposits
BONUS SAVINGS DAYS
Whether you're a new or existing client, move your money from another bank to an RBC High Interest eSavings® Account, or to a Savings Deposit in an RBC® Tax-Free Savings Account, and triple the rate*. The sooner you act, the more you'll earn.
Move your money by Feb. 15th, 2016.
Triple the rate on your new deposits until: Apr. 15th, 2016.
Visit rbc.com/bonusdays
RBC

® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. * The Bonus Savings Days Offer (the "Offer") is time limited and applies only to the RBC High Interest eSavings Account ("eSavings Account") and the Savings Deposit in an RBC Tax-Free Savings Account ("Savings Deposit") during the Promotional Period: January 15, 2016 to April 15, 2016. Deposit Window: January 15, to February 15, 2016. Post-Deposit Window: February 16, 2016 to April 15, 2016. Promotional Interest Rate for the eSavings Account: 0.55% per year = 0.55% (eSavings Account posted rate on January 15, 2016) + 1.10% (Bonus Interest Rate). Promotional Interest Rate for the Savings Deposit: 0.50% per year = 0.50% (Savings Deposit posted rate on January 15, 2016) + 1.00% (Bonus Interest Rate). All posted interest rates are subject to change without notice. Promotional Interest Rate applies to new funds from an outside source (non-RBC) deposited to the eSavings Account and to new funds to the TFSA deposited to the Savings Deposit during the Deposit Window. Promotional Interest Rate is calculated on the daily closing balance of new funds during the Deposit Window and on the lowest daily closing balance of new funds recorded during the Post-Deposit Window. Interest is paid after expiry of the Promotional Period. Maximum deposit amount eligible for the Offer is $250,000 each. For complete terms and conditions, go to rbc.com/bonussavingsdays

Premier Christy Clark, right, stops to talk with Owen Duncan, 3, of the Da'naxda'xw and Campbell River First Nations, after an announcement regarding protecting B.C.'s Great Bear Rainforest. DARRYL DYCK/THE CANADIAN PRESS

B.C. strikes landmark forest deal

NATURE

It took 20 years but Great Bear now protected from logging

Matt Kieltyka
Metro | Vancouver

The world's largest intact temperate rainforest will be protected for future generations after 20 years of negotiations yielded an unprecedented agreement Monday.

Premier Christy Clark was joined by unlikely partners from coastal First Nations, the forestry industry and environmental organizations in Vancouver to announce a new land-use order for the Great Bear Rainforest.

Once the battleground between environmentalists and loggers in B.C.'s war in the woods, 85 per cent of the 6.4 million hectare rainforest — stretching the province's north and central coasts and spanning the territories of 26 First Nations — will now be strictly off-limits to logging.

The deal also bans the commercial grizzly-bear hunt in all Coastal First Nations territories, increases forest carbon credits for them and the Nanwakolas First Nation and protects freshwater ecosystems and wildlife habitats.

Negotiations between the stakeholders spanned 20 years.

"It means three million hectares of old-growth forest and ancient cedars more than 1,000 years old will never face a chainsaw," said Greenpeace Canada's Richard Brooks. "First Nations oversight of their lands and opportunities for their communities has been strengthened. Each of us took tremendous risks to step in the unknown."

Brooks said that when Greenpeace first waged its war in the woods against over-logging in the region, 95 per cent of the forest was open for logging. Now, he says "a high bar has been set" for conservation, ensuring this "gift to the world" is preserved for future generations.

"I stand here today proud, happy, and still a little bit upset that it's taken us this long to find that balance," said Dallas Smith, president of the Nanwakolas Tribal Council.

But two decades of difficult negotiation and compromise have created a "legacy that's not going to be forgotten" in B.C. and will ensure "the next 20 years will be fruitful" for First Nations dependent on the Great Bear Rainforest's ecosystem and natural resources, he said.

Clark called it a landmark agreement and vowed to continue working towards preserving "a jewel in the crown" of B.C.'s "magnificent landscape."

ANIMAL ABUSE

Dog on the mend after brutal attack

Yvette d'Entremont
Metro | Halifax

A dog that was repeatedly kicked in his genitals until he urinated blood is expected to make a full recovery.

Annette Armitage with the Halifax-based Animal Rescue Coalition (ARC) said the dog now being called King Edward was surrendered to animal control last week.

"We originally thought he had (testicular) cancer, but no — the vet determined he was probably booted repeatedly in the privates area," Armitage said Monday.

"They still have to express his penis on a regular basis because of the fluid buildup."

The dog's genital area is still very swollen and he occasionally winces while playing, but overall he's doing well. Armitage said cases like this highlight an issue that has always existed but has been brought to the forefront thanks to social media.

"I don't know if there's any more animal abuse than there ever was, but with the engagement of social media and with more public awareness we're hearing about these more," she said.

King Edward CONTRIBUTED

Armitage said whoever surrendered the dog told animal control he was a stray. Although they'd like to find and charge the person who abused King Edward, she said statistics aren't on their side.

Due to the nature of King Edward's injuries he's still being fostered with a veterinarian. When he no longer requires regular vet care he'll go to a foster home before being put up for adoption through ARC.

"This little guy ... you would think he would be terrified and distrustful of humans, but he loves everyone," she said.

IN BRIEF

Rooftop rebels warned

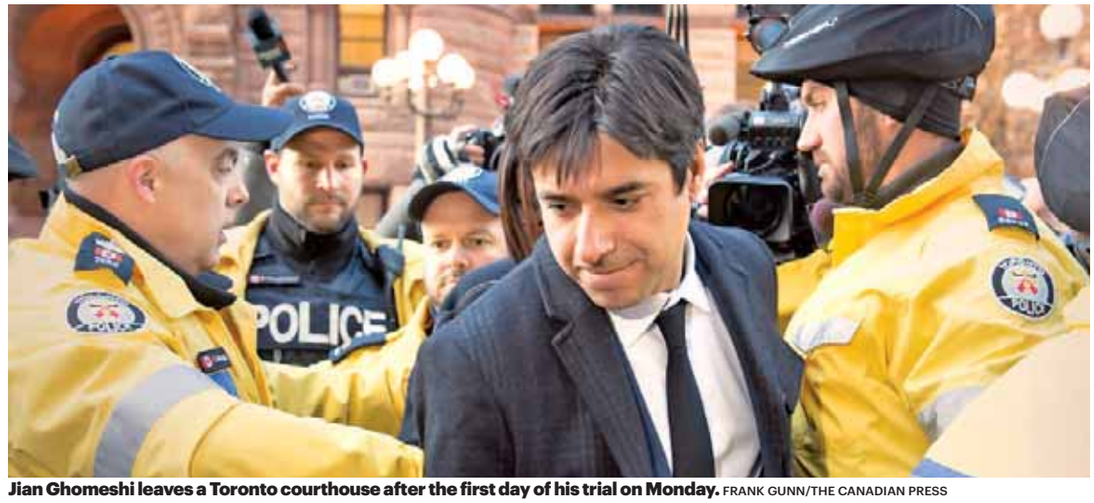
Toronto Police Const. David Hopkinson has arrested his fair share of rooftoppers, a nickname for the daredevil photographers who climb atop skyscrapers to snap vertigo-inducing pictures of the world below. He expects it's just a matter of time before one of them in Canada dies. Last year, at least two deaths were linked to rooftopping.

THE CANADIAN PRESS

Election candidate's name a cut above

A Feb. 11 Ontario byelection is starting to resemble a comedy skit. One candidate legally changed his name to Above Znoneofthe so he appears last on the Whitby-Oshawa ballot, inviting voters to pick "none of the above." But another candidate, directly above him on the ballot, is the leader of a party called "None of the Above."

THE CANADIAN PRESS



Jian Ghomeshi leaves a Toronto courthouse after the first day of his trial on Monday. FRANK GUNN/THE CANADIAN PRESS

Defence zeroes in on inconsistencies

GHOMESHI TRIAL

Lawyer tests complainant's memory and credibility

A misremembered car, uncertainty over a kiss, who was "smitten" with whom, and the mystery of a set of hair extensions dominated the first day of the Jian Ghomeshi sexual assault trial.

Score one point for defence lawyer Marie Henein; zero for the prosecution. As the afternoon wore on, Henein raised one after another issue with the first complainant's testimony, nibbling around the edges of her credibility. Tuesday, Henein is expected to tackle the more substantive issue: Does her story of being punched three times in Ghomeshi's Riverdale home in 2003 hold water?

The woman, a struggling actor and part-time cocktail hostess seven years older than Ghomeshi at the time, said she met Ghomeshi while working for the caterer at a CBC Christmas party.

"He was flirtatious," the woman remembered.

She said he drove her to her car afterward, in a vehicle she described as a 1960s Disney movie car, a yellow Volkswagen Beetle. In the car, she told court he asked her to undo a few buttons of her blouse (she said no) and kissed her.

Then, she said, it was like a switch flipped. "There was almost a rage that wasn't there a second before." She told court he grabbed her long hair and pulled it back hard, holding it back for two to three seconds. "It was painful and sudden."

She said he then switched back to being a nice guy, and they chatted and he kissed her goodbye. She wondered if he simply did not know his own strength.

According to her story in court, she stayed in touch with Ghomeshi and went back to his home after another visit to a taping of his show. At one point she said they were standing up kissing and, without warning, "he grabs my hair again" and "pulls my head down and at the same time he is punching me in the head multiple times."

Before noon, defence lawyer Henein was at the podium asking questions, going over minute details with apparent success. The witness was flustered by the end, and under the rules of cross-examination she is not allowed to speak to the Crown, or anybody, about the case until Henein is finished and the prosecution, if so inclined, questions her again.

Henein noted that in her morning evidence (called "evidence in chief") the woman said she was kissing Ghomeshi in the car when he suddenly pulled her hair roughly. Henein noted that stories by The Toronto Star and CBC, based on interviews with her in the fall of 2014, did not reference kissing. Henein indicated that court will hear that the woman went on to tell police the kissing and hair pulling were "intertwined."

In response, the woman said that she "had the memory," she just "didn't put it out" when she gave interviews to the media. She said she was flustered and "high on nerves" when she spoke to CBC. The Toronto Star, she said, "twisted" her words.

TORSTAR NEWS SERVICE

Make a difference

"For the first time in my life, I know my purpose … to help those in need. Whether that help is a shelter bed, a hot meal, or to lend an ear in times of emotional distress, I love going to work day in, day out. Thanks for helping this spark grow into a flame Stenberg!"

TROY BALDERSON
Community Mental Health Worker

STENBERG COLLEGE 604-580-2772 • stenbergcollege.com

You are invited to an
INFORMATION SESSION
Community Mental Health & Addictions Worker program
Tuesday, Feb. 16, 2016
7 – 9 pm
LivingRoom Drop-in Centre
(Lookout Emergency Aid Society)
528 Powell St, Vancouver, BC V6A 1G9
All attendees will receive a $250 bursary
Please RSVP to
rsvp@stenbergcollege.com
or by tel: 604-634-0384

ISSofBC

Last chance!
No-cost English Language Training

- Job-related English training in RETAIL/ADMIN for immigrants
- No-cost classes plus weekly one-to-one tutorials with your instructor
- Connections to employment programs and employers
- Classes in Vancouver, Richmond, Langley or New Westminster
- Flexible schedules, transit fares provided

Contact English Now at ISS *of* BC for details.

604-684-2325
englishnow@issbc.org
www.issbc.org/english-now

Vancouver • Richmond • New Westminster • Langley

Canada | British Columbia | WelcomeBC

Project Based Language Training is part of the WelcomeBC umbrella of services, made possible through funding from the Government of Canada and the Province of British Columbia

www.issbc.org **facebook.com/issbc** **twitter.com/issbc**

Chinese artist and activist Ai Weiwei has recreated the famous image of three-year-old Syrian Alan Kurdi, who drowned in Turkey last year, by staging a photo of himself lying along the Greek shoreline. ROHIT CHAWLA/INDIA TODAY VIA THE ASSOCIATED PRESS

Artist stages photo of drowned boy

SYRIAN CRISIS

Chinese activist faces backlash over recreation of Kurdi image

The pose is hauntingly familiar — face down, arms extended, lifeless.

Chinese artist and activist Ai Weiwei has recreated the image of drowned Syrian toddler Alan Kurdi, who put a face to the Syrian refugee crisis when his body washed ashore in Greece last year.

Taken on a pebbled beach on the Greek island of Lesbos last week, Ai's photo is "a tribute" to Kurdi.

"Ai Weiwei believes that artists don't have to be more political, they just have to be more human," said India Today, which took the image as part of the magazine's Art Awards 2016 International Spotlight.

Photographer Rohit Chawla snapped the photo of the artist in Lesbos, where Ai is working on a memorial to the refugees "in order to highlight their plight and spread the message of peace, brotherhood and trust."

Like much of Ai's work, the image garnered mixed reactions. Some lauded it as "powerful" and thanked the artist for "keeping alive the memory of Alan Kurdi."

Others said it was "a horribly inappropriate banal publicity stunt."

"This bothers me. Real images of dead children aren't powerful enough?" asked Washington Post Magazine editor Elizabeth Chang.

Kurdi drowned alongside his brother and mother last September while the family attempted to make the dangerous Mediterranean crossing to Greece.

Ai Weiwei TORSTAR NEWS SERVICE

The image of Kurdi's lifeless body caused shock and grief among people around the world and pushed governments to address the plight of the refugees.

Ai has been posting images and videos online of many refugees arriving in Lesbos, including one in which he is holding up a sign that reads: "Safe Passage." TORSTAR NEWS SERVICE

U.S. PRIMARIES

Cruz trumps Donald in Iowa as Huckabee bows out

Ted Cruz, a fiery, conservative, Texas senator loathed by his own party's leaders, swept to victory in Iowa's Republican caucuses Monday, overcoming Donald Trump and Florida Sen. Marco Rubio.

Cruz's victory was a harsh blow to Trump, the supremely confident real-estate mogul who has roiled the Republican field for months with controversial statements.

The caucuses marked the end of former Arkansas Gov. Mike Huckabee's White House hopes, as he dropped out of the Republican race.

THE ASSOCIATED PRESS

ZIKA VIRUS

Outbreak of defects a threat, says WHO

An outbreak of birth defects and neurologic disorders linked to the Zika virus meets the criteria for a global health emergency, the World Health Organization said Monday.

WHO director-general Dr. Margaret Chan made the declaration following an emergency meeting held earlier in the day.

This is only the fourth time since 2009 that the UN health agency has declared a "public health emergency of international concern" under the International Health Regulations, with previous declarations made for H1N1, polio, and Ebola.

Aedes aegypti mosquito MARVIN RECINOS/GETTY IMAGES

"After a review of the evidence, the committee advised that the clusters of microcephaly and other neurological complications constitute an extraordinary event and a public health threat to other parts of the world," said Chan, who accepted the recommendations of an expert panel.

Dr. David Heymann, chairman of the committee, clarified that the emergency is not being called over Zika specifically, but the cluster of neurologic disorders currently being linked to the virus, which lacks a vaccine. TORSTAR NEWS SERVICE

A hen in a Canadian cage-free barn. Enough farmers have to shift to the more animal-friendly practice before they can supply eggs to the roughly 4,800 Tim Hortons locations in Canada and the U.S. COURTESY WORLD ANIMAL PROTECTION/TORSTAR NEWS SERVICE

Big chains hatch a cage-free plan

ETHICAL EGGS

Tim Hortons, Burger King latest to yield to pressure

The parent company of Tim Hortons and Burger King announced Monday it is committed to serving cage-free eggs in Canada, the United States and Mexico by 2025.

Restaurant Brands International joins a growing list of restaurants that have promised to dish up eggs only from hens that have not been confined to cages as pressure from customers for ethically-sourced food ramps up.

"Canadians and consumers around the world aren't OK with hens being crammed into tiny cages for their entire lives," said Sayara Thurston, campaign manager with the Canadian wing of Humane Society International, which has worked with dozens of brands to help them create similar goals.

Denny's, for example, has promised its U.S. restaurants will serve only cage-free eggs by 2026, McDonald's has committed to doing the same at its Canadian and American locations by 2025, and Starbucks plans to meet that goal by 2020.

Thurston said it takes so long to meet these targets because the farmers who supply the eggs need time to implement cage-free systems. "We understand that change can't happen overnight," she said.

> We understand that change can't happen overnight.
> Sayara Thurston

Enough farmers have to shift to the more animal-friendly practice to supply the roughly 4,800 Tim Hortons locations in Canada and the U.S.

Despite the nine-year timeline, Humane Society International hopes Tim Hortons and Burger King will be able to achieve their goal before 2025, Thurston said.

But already, Burger King is poised to miss one of its previous goals. The fast-food chain announced in 2012 that it would be using only cage-free eggs in the United States by 2017. That goal has now been extended to 2025, said Thurston, lumped in with the company's Canadian and Mexican locations.

THE CANADIAN PRESS

MARKETS

Investors hoarding $75B cash

Canadians are holding a record $75 billion in extra cash and continue to sock away money at a rate not seen in more than four years, according to a new report from CIBC World Markets.

Normally that extra money would be invested in equities, but the study found that nervousness over volatility in the markets has many Canadians reluctant to take the plunge.

According to the study, excess cash reserves held by Canadians have risen notably since the 2008 financial crisis.

In the past year alone, cash positions are estimated to have risen more than 11 per cent — the fastest pace since early 2012 — reaching $75 billion as of December 2015.

That figure represented almost 10 per cent of the total value of overall personal liquid assets in Canada.

"We are currently witnessing the creation of personal cash buffers larger than at any other time on record," said Benjamin Tal, deputy chief economist at CIBC World Markets and a co-author of the report.

"Consistent with past behaviour, Canadian investors have used current market volatility as an excuse to let cash pile up in their chequing and savings accounts," Tal said.

The report finds that all Canadians, young and old alike, are making cash a bigger part of their portfolios.

"But, strikingly, those under 35 — the farthest away from retirement — are holding twice as much cash as those over the age of 65, about 33 per cent versus 15 per cent," CIBC said.

THE CANADIAN PRESS

BROADBAND

Home Internet arriving in Cuba

Cuba announced Sunday night that it is launching broadband Internet service in two Havana neighbourhoods as a pilot project aimed at bringing home access to one of the world's least connected nations.

State telecommunications company ETECSA said it would allow Cubans in Old Havana, the colonial centre that is one of the island's main tourist attractions, to order service through fibre optic connections operated with Chinese telecom operator Huawei.

Odalys Rodriguez del Toro, ETECSA director for Havana, told state media that the government would also begin allowing cafés, bars and restaurants to begin ordering broadband service.

Del Toro offered no timeline for the pilot project or roll-out of broader access and said prices would be announced in the future.

General public access to broadband Internet began only last year, with the opening of dozens of public Wi-Fi spots that cost $2 an hour. That is about a tenth of the average monthly salary in Cuba.

Del Toro said ETECSA would open 30 more WiFi spots in Havana alone in 2016, which by itself would double the number of access points in Cuba. She did not say how many more were planned for other cities.

The United States has been pushing Cuba to show that it is improving conditions for its citizens as President Barack Obama loosens the half-century old U.S. trade embargo on Cuba.

THE ASSOCIATED PRESS

LEGAL ACCESS

Broadband home service is currently legal only for diplomats and employees of foreign companies who pay hundreds of dollars a month for Internet links that are a fraction of the average speed in other countries. Some Cuban citizens have dial-up or mobile connections that allow access only to state-run email.

IN BRIEF

Corus launching live events division

Corus Entertainment says it's expanding in the live events business, starting with a two-day country music in Kitchener, Ont., in July that's associated with its CMT specialty TV channel. The company says future Corus Live events will be built around its brands for kids, families and women. Brands include Canadian versions of CMT, Cartoon Network and Disney Channel. Corus Live is intended to be a new source of revenue.

THE CANADIAN PRESS

market minute

DOLLAR 71.79¢ (+0.39¢)

TSX 12,674.37 (–147.76)

OIL $31.62 US (–$2)

GOLD $1,128 US (+$11.60)

NATURAL GAS: $2.152 US (–14.6¢)
DOW JONES: 16,449.18 (–17.12)

GET APPROVED NOW!
SIMPLE AND SECURE APPLICATIONS
Specializing in:
• New to the Country • No Credit •
• Good Credit • Bad Credit •
• Bankruptcies • Repossessions •
• Divorce • Judgements •

Robin
Call
778-929-1607

FIRST PAYMENT'S ON ME until the end of January
DRIVE AWAY TODAY!

metro VIEWS
Your essential daily news

PHILOSOPHER CAT by Jason Logan

EMMA TEITEL: ON QUANTIFYING QUALITY OF LIFE

Happiness indexes are an increasingly popular way by which experts measure a nation's success. But this method is inherently flawed.

The Angus Reid Institute on Monday released the results of a survey quantifying Canadian happiness. The verdict? Of the roughly 1,500 Canadian adults surveyed online in December, 16 per cent said they were "very happy," 18 per cent said they were "not too happy," The majority — 63 per cent — said they were "pretty happy."

The prevailing result — "pretty happy" — is so Canadian it hurts; a glorified "I guess so," it suggests that most of us are either too modest to profess our happiness outright, or too polite to despair.

But the result, in true Canadian fashion, is also inherently sensible. It reveals a reluctance to measure in absolute terms a feeling that is forever hard to put your finger on. For starters, what is happiness, anyway? And provided that you know what it is, how do you gauge its presence?

Is it measured best moment by moment, in individual bursts of elation, or slowly, over a long period of time? If you're miserable in January but February is looking up (though it rarely is), are you officially happy, or is your new mood merely a sunny blip in an otherwise blue existence?

Yet, despite the numerous challenges involved in measuring happiness we do it all the time. And we do it in droves.

Canadians aren't the only happy — or "pretty happy" — citizens on the planet. According to another recent study, by polling association WIN/Gallup International, Saudi Arabia is the third-happiest nation in the world. And Libya — according to yet another happiness index — is the happiest country in Africa.

The list goes on and on. Happiness surveys and their suspiciously positive results are now more pervasive in the international news cycle than personality quizzes in Cosmopolitan. But there may be some very unpleasant consequences to the abundance of these surveys circulating the globe — namely that policy analysts are beginning to take seriously survey results that are vague and dubious.

For example, happiness indexes are an increasingly popular way by which experts measure a nation's success (as opposed to, say, looking at its GDP), but this method is inherently flawed. Why?

Mark D. White, chair of philosophy at City University of New York (in a paper on happiness indexes and public policy), writes: "Happiness is a notoriously difficult concept to define. Just like 'justice' or 'beauty,' happiness is a vague term that means different things to different people; as a consequence, even though everyone knows what it means in various situations, we would be hard-pressed to come up with a single definition that captures all those aspects for every person."

There's a far greater danger than imprecision in our apparent obsession with the Happiness Olympics — complacency. Happiness surveys, says White, may make "people in First World countries less sympathetic to people who actually need help."

Someone might conclude, after hearing that Libya is perhaps happy as Canada, that the country doesn't require or deserve aid; that an admission of happiness by a country's population decreases the perceived severity of the country's problems. This danger doesn't merely apply to nations facing mass poverty or political unrest, but to nations like ours.

We know that depression is under-reported in Canada — and that suicide may be as well — so what is the purpose of a survey model that suggests to the wider world that things are looking up when in fact they aren't? The answer is simple: There is none.

Happiness surveys with positive results make for fun, fluffy stories that boost civic pride. But they also foster a culture of complacency and self-deception, in which we ignore our problems and pat ourselves on the back for no good reason. And that is pretty sad.

Emma Teitel is an award-winning national affairs columnist with the Toronto Star who writes about anything and everything. She got her start at Maclean's Magazine where she wrote frequently about women's issues, LGBT rights, and popular culture.

ROSEMARY WESTWOOD metroview

Ghomeshi trial, Day 1: Witness vs. Piranha

She's not called a "piranha" for nothing.

Marie Henein, the lawyer defending Jian Ghomeshi against four charges of sexual assault and one of choking, dominated the Toronto courtroom holding his trial on Monday.

We're used to hearing sexual assaults dubbed "he said/she said." But this was "she said/she said." Henein calmly dissected the witness's statements made in media interviews, police interviews and emails from over a year ago, and pecked at details until the cracks in memory and discrepancies with Monday's testimony showed.

It was lawyerly excellence, and exactly what keeps sexual assault victims off the stand.

There was the matter of whether the witness was wearing hair extensions in 2002 (an issue that took 15 minutes to sort out), and whether it was she or Ghomeshi who was "smitten" (her friend had given testimony that the witness was the keen one).

There was whether he bashed her head into the car window, or whether she and Ghomeshi were kissing when he pulled her hair the first time, a detail that appeared in her testimony Monday, but not in interviews with the media.

How could the witness remember Ghomeshi's yellow Volkswagen bug so vividly, Henein wondered, since Ghomeshi had not owned it at the time? And why had the witness agreed with police in 2014 that Ghomeshi yanked her head back against the car seat, if it was actually, as she testified Monday, back towards the car window?

"Where do you say, 'No, no, no, you've got it wrong.' Where is that?" Henein asked about the police transcript.

At the breaks, reporters gathered in the hallways to marvel at Henein's performance. One quipped she'd want Henein as her lawyer if she ever choked her husband. In Henein's hands, a straightforward account of events lost its way. It's hard to imagine a story that wouldn't.

But memory doesn't walk a single line. It's easy to believe that someone recalled details of an event at different times, as the witness said. And yet, a trial isn't about whether someone is believed, it's whether they're believed enough.

What matters is this: Will the witness's jumbled memories be enough to convince the judge there is reasonable doubt that the alleged assaults actually took place?

Against this standard, Day 1 feels like a decided win for Henein, and perhaps a warning against any sexual assault victim who would take the stand and face her.

metro Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO WESTERN CANADA
Steve Shrout

MANAGING EDITOR VANCOUVER
Jeff Hodson

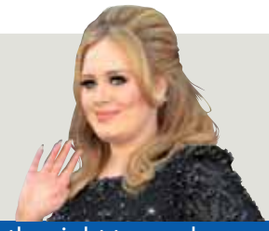
ADVERTISER INQUIRIES
adinfovancouver@metronews.ca
General phone 604-602-1002

Interested in Invisalign®?
Participate in a clinical study to reduce orthodontic treatment time by as much as 50%.
Qualified participants in the study will be paid an honorarium of up to 35% of treatment cost.
DR. PETER BRAWN
Schedule a free consultation.
778-588-7339
Vancouver | North Vancouver | Nanaimo
drpeterbrawn.ca

Laser Tattoo Removal
• Full &/or partial removal of tattoos of different shades & colours
• Experienced laser technicians & medical grade lasers
• Free consultations
First Treatment 50% OFF
604-255-2737
www.ElectraLaserHairRemoval.com
ELECTRA LASER
HAIR REMOVAL & SKIN REJUVENATION EXPERTS
L12 - 955 Hornby St. Vancouver

metro
Tell us how you really feel.
Join our online reader panel and help make your Metro even better.
metronews.ca/panel

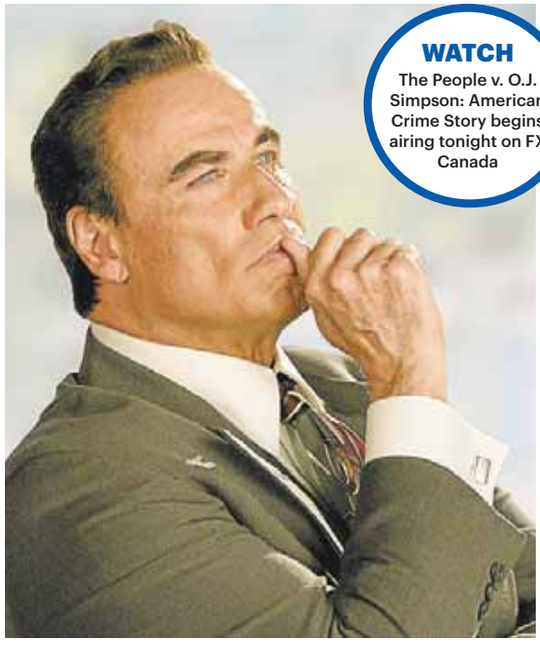
metro LIFE
Your essential daily news



Adele denies Donald Trump the right to use her music

REMEMBERING THE O.J. TRIAL

O.J. Simpson's trial for the murder of Nicole Brown Simpson and Ronald Lyle Goldman stretched from November 1994 to October 1995 and has been described as the most publicized trial in American history. What were the stars of The People v. O.J. Simpson doing at the time? TORSTAR NEWS SERVICE



WATCH
The People v. O.J. Simpson: American Crime Story begins airing tonight on FX Canada

1 John Travolta (Robert Shapiro)

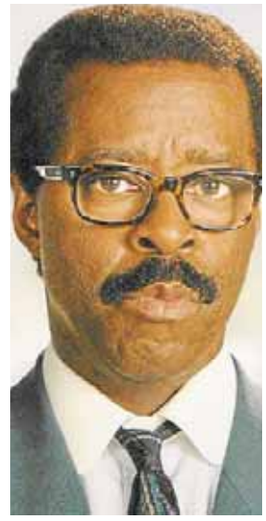
"I was in the middle of a Pulp Fiction resurrection," says Travolta, who plays Simpson's defence lawyer. "I had a new career. I was happy." Pulp Fiction had just won the Palme d'Or at the Cannes Film Festival as the trial began. Travolta's father, who was a football coach, was obsessed with the case. "So I had my dad at the sofa watching every second of it, from the car chase on."

2 Cuba Gooding Jr. (O.J. Simpson)

Gooding was shooting As Good as it Gets with Jack Nicholson, but he was about to achieve fame for shouting "Show me the money!" as an NFL football player in Cameron Crowe's Jerry Maguire.

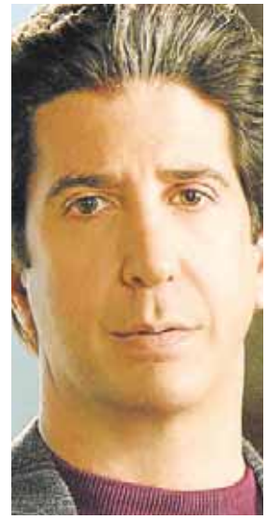
3 Sarah Paulson (Marcia Clark)

Paulson had just landed her first regular TV gig — as a ghost — on the horror series American Gothic. "I was 19, I think. I was at my friend's house in Brooklyn. We were watching some other show and this damn Bronco thing — we knew O.J. from the Naked Gun movies."



4 Courtney B. Vance (Johnnie Cochran)

Vance was in Toronto shooting the TV movie The Boys Next Door with Scandal star Tony Goldwyn when the verdict came down. "I cheered," Vance told a reporter. Goldwyn screamed "No!" Their reactions, split across racial lines, were happening in homes and offices across North America.



5 David Schwimmer (Robert Kardashian)

"I was living in L.A., so I was very aware of the tension here," says Schwimmer, whose run on Friends began just as the O.J. trial got underway. "You could feel it. It was palpable in the city. And then this crazy thing of a career break of a lifetime happened."

Show-stopping experiences without the heart-stopping expenses.

Our low fares to Vegas make it easy to treat yourself to world-class shows, dining, and shopping. Plan your trip today and see more of Vegas for less.

Book now at westjet.com or call your travel agent.

WESTJET

Yoga bent into shape

Is there a right or wrong way to practise yoga? It pops up a lot in headlines — beer yoga; bunny yoga; rage yoga; concerns about cultural appropriation of yoga at the University of Ottawa's Centre for Students with Disabilities. Metro talked to instructors across Canada about how they got into yoga, what their practice means to them, and how they feel about teaching an Eastern tradition. Responses have been condensed. **EMINA GAMULIN/METRO CANADA**

JENNIFER GAUTHIER/FOR METRO

Katrina Prescott, Kundalini yoga teacher, Vancouver

I didn't like yoga, I couldn't stand it. I was born and raised in Vancouver but I lived in New York at the time when the yoga craze started. It seemed like rich, white, thin, model women were doing it and it wasn't for me. I guess about three years ago I was going through a kind-of crisis. My friend who had been trying to get me to go to Kundalini yoga for a long time was like 'Let's just go.'

It is very challenging sometimes to go to a yoga studio and have a teacher that doesn't seem to be very conscious, for a lack of a better term. However, I am now shifted in the thinking that in yoga, if you're tuning into your own self, your own body, being in the moment, even for one moment ... We need that on this planet. Desperately.

Roslyn Sutherland, Serene Yoga Studio, Winnipeg

In my late 20s, early 30s, I had several surgeries and a couple of car accidents. I needed a way to get healthy. So I went back to yoga and I've been doing it ever since. That puts me close to 30 years of self-practice. Yoga speaks to the physical body, it speaks to the mind. It's given me tools so I can cope with my monkey mind. It's helped me emotionally when I'm feeling out of sorts or down. It might sound a little melodramatic, but it's almost been a lifesaver for me.

Coming from a people that have had this sort of thing (cultural appropriation) happen to them as I understand it — if you as an individual or organization enjoy something from a specific culture, and that culture is not your culture, I just believe you should pay homage to that culture.

COURTESY ROSLYN SUTHERLAND

COURTESY BOBBY SINGH @FOHPHOTO

Suzanne Gracan, owner FitZonePLUS, Toronto

I was an athlete and I climbed mountains for fun, that was a weekend for me. In 2001 I had a fall; it was nothing related to sports whatsoever, and I couldn't walk for two years. It took me eight years to rehabilitate completely. During that time I went from being a very, very athletic, let's say size 10, to 365 pounds at my largest. I decided to try yoga again. Nobody was outright rude but there was just a sense of 'Oh my God, what am I going to do with this person?'

Sixty per cent of my clients are plus sized, 40 per cent are just average-type people. So when you're in a class you don't have to worry about, 'Is my fat roll hanging out? Am I wearing the right clothes?' (Yoga) is different things to different people, but because of this image of what it is — and it's an image of inaccessibility — most people will never try it.

RICK MERCER REPORT
TONIGHT
Rick brings a dose of laughs when he plays doctor-for-a-day at the University of Manitoba's Health Sciences Centre.
#rickmercerreport
ALL-NEW
TONIGHT 8

COURTESY HOLISTIC FAMILY TRAVELS

Jolene D'entremont, owner Yoga ON, Halifax

The first access I had to yoga was a black and white book called The 28 Days of Yoga. Back in the day, access to yoga, especially in Halifax, was limited. I got pregnant and afterwards experienced quite a bit of postpartum depression and found an Ashtanga class that I would go to once a week. I found that after the classes I would come out and feel like the whole world had opened up.

I now do goalie camps for elite goalies who are going to the NHL. More people practising some sort of mindfulness practice can only be good.

Gourav Verma, co-owner Gyan Yoga, Toronto

I was in the school yoga team (in New Delhi) and we entered a few yoga competitions and I won a few of them. This yoga was mainly based on yoga poses, let's call it a kind of exercise. I wanted to learn more, and luckily the mountains were pretty close. So I went over there and I learned it there, the spiritual part of it. It doesn't come just right away, it takes some time.

The Hindu religion and yoga, you can keep them separate. Nowhere in yoga books does it say only Indian people are entitled to teach this thing. Anyone who learns even just the physical aspect of it can teach it, why not? It's an amazing thing. People love it. But if they don't understand the spiritual knowledge, at least don't spread the false knowledge. I don't think they're stealing anything, but I don't know, maybe in a hundred years — everything changes — that would be too much (laughs).

COURTESY GYAN YOGA

FITNESS

Ease into yoga with simple pose

YuMee Chung
For Metro Canada

Are you a newcomer to yoga? Try this fledgling version of a challenging standing balance called Eagle Pose (or Garudasana in the language of yoga). You'll learn how to build your pose from the ground up by perching it on a couch and focusing on the subtle actions of the arms, shoulders and upper back.

We're calling this one The Eagle Has Landed. It's a great way to spread your wings and get your yoga practice off the ground without leaving the comfort of your living room.

The Eagle Has Landed

1. Begin seated on the edge of your couch with a long spine and feet placed side-by-side below and slightly behind the knees.

2. To create your eagle legs, pick up the right leg and aim to double-wrap it around the left by crossing right thigh over and hooking the top of that foot behind your lower left calf. If the hook of the foot proves to be elusive, choose to simply cross the right thigh over left and nestle the foot beside the lower left calf with toes pointing down. Hug the legs together snugly regardless of the leg variation you choose.

YuMee Chung demonstrates The Eagle Has Landed pose.
TORSTAR NEWS SERVICE

3. Now, create eagle arms by placing your right elbow below the left elbow and twining the arms together until the right-side fingers meet the left palm. If the hands do not meet easily, just reach each hand towards its opposite shoulder blade for a compact self-hug.

4. To make the upper-body actions more dynamic, thrust the elbows towards the wall directly in front of you; lift your arms as a unit; move the hands away from the face (if they are touching); and ease the shoulders away from your earlobes. Imagine you are using the breath to pry the shoulder blades apart and unfold a pair of eagle wings. Breathe here for five breaths.

5. Finish by unwinding the arms and legs and taking a moment to feel the impact of the pose on your nervous system before repeating the process on the second side.

Eagle eyes

The phrase "eagle eyes" describes the ability to see or observe keenly. In yoga circles, the practice of consciously placing the gaze on a specific focal point while meditating or moving through yoga postures is called drishti. It is said that where the eyes go, the mind follows, and so the practice of focusing the gaze is a technique for refining the mind's ability to concentrate. In eagle pose, we gaze softly beyond the tip of the nose, to an unmoving point on the horizon, to find composure and aid balance.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of a number of yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com

Detox Your Body - Every Day

If you are feeling exhausted and in need of revitalization, you should consider a detox or cleanse. With Active Liver™ you have the tool to do this gently and on a daily basis.

Each day, our liver is working hard to remove waste products and toxins from processed foods, unclean air, water and even our own body. But as we get exposed to increasingly more toxins, the liver struggles to remove them all and starts storing them in our body fat. We quickly notice the results in our energy levels, in our lack of youthful appearance – and surprisingly - on our waistlines.

UNJUNKING YOUR BODY

A detox, like a water or juice fast, is an excellent way to rid the body of stored toxins, but it is often difficult to abide by, and involves days or even weeks of feeling tired and sick. However, there are other ways.

DETOX WITH ONE TABLET A DAY

Active Liver is a natural health product that improves your liver's health and helps you detox on a daily basis – all year round. With just one tablet a day, it gently but effectively uses known herbal extracts to facilitate detoxing of the body –without the "side effects".

THE LIVER AND YOUR WAISTLINE

The liver is an important fat burning organ. If the liver is sluggish or clogged with waste material it will be less able to work, and fat will start to build up, under the skin, as belly fat and even inside the internal organs (as in a fatty liver). Making sure your liver is working well will help you flush fats from the body.

At participating pharmacies, health food stores and online. For more information, visit our website or call 1-877-696-6734.

SHOPPERS DRUG MART · Loblaws · Superstore · NEW NORDIC ONLINE SHOP newnordic.ca
amazon.ca · Well.ca · LONDON DRUGS · metro · Extra Foods · Zehrs MARKETS

New Nordic recommends a healthy and active lifestyle in order to obtain the best results. To make sure this product is right for you, always read the label and follow the instructions.

LEARNING CURVE

Breaks are critical to managing stress

ISTOCK

Spring break is fast approaching. For some students, that means an opportunity to hit the books and get caught up; for others it means heading south and blowing off steam. How a student chooses to make the most of the break is a very individual experience, but schools are there to help, says Debbie Bruckner, senior director of Student Wellness at the University of Calgary.

"Taking periodic breaks and maintaining one's energy is critical in the long term in completing one's degree," Bruckner says. "Each student handles stress in their own way. The University of Calgary is committed to providing information and strategies to help students manage stress by understanding it, focusing on wellness and self-care and changing behaviour.

"A major component to managing stress is building community and promoting students to engage with each other, their professors and student services."

Bruckner said there are a number of factors that add to the stress that today's student faces.

"The world has changed substantially over the last 10 to 20 years. Of course, every generation of students experience changes. Our current generation is facing a number of significant challenges," she says, listing increased competition to enter post-secondary studies and the job market, technological challenges including the distraction it presents and, in some cases, addiction, as well as financial demands.

There is also an increased awareness about, and willingness to discuss, mental health issues, she said.

And while there may be no right or wrong way to approach spring break, Bruckner says that there are resources available for students to find a solution that works for them.

"There is no way to know how students use their reading week. Reading week is a chance to recharge and reset and that may well mean a combination of activities," she says. "Take an active role in maintaining your own health and wellbeing — ask for help and don't hesitate to use university resources."

The need for electricians increasing in B.C.

ISTOCK

Vancouver's metropolitan area was built by skilled tradespeople. The work of the city's electricians has lit up the Lions Gate Bridge, B.C. Place, and Science World — not to mention powering the intricate electrical infrastructure in each household and business to keep it operating smoothly.

The work of electricians is important. Now, more than ever, there's great demand for this respected profession in B.C. As an electrician in B.C., you can earn a median wage of $27.90 per hour.

According to the provincial government's most recent BC Labour Market Outlook report, there will be a need for more than 5,000 additional electricians in the province by 2024.

And this demand isn't just in the Lower Mainland. An electrician job will take you anywhere you want to go, from helping a Burnaby family get their home electrical system running smoothly so they can get dinner on the table, to working on a major industrial project in Northern B.C. and helping build the province's economic prosperity.

The Construction Electrician Foundation program at Vancouver Career College is a great place to launch a career in this rewarding profession.

More than 97 per cent of graduates from the college in 2014 were hired — a testament to the demand for workers, the professionalism, and great reputation of the educational institution.

Find out more about the program at Vancouver Career College online at study.vccollege.ca, or by phone at 1-800-993-4086.

CONSTRUCTION ELECTRICIANS EARN A MEDIAN WAGE OF $27.90/HR*

Excel in your new career with hands-on training in state-of-the-art labs! Apply to the **Construction Electrician Foundation** program today to get started.

VANCOUVER CAREER COLLEGE ALSO OFFERS PROGRAMS IN:

- Early Childhood Education
- Health Care Assistant
- Medical Office Assistant
- Social Services Worker – Foundations
- And More!

ASK ABOUT OUR EVENING CLASSES!

Financial assistance may be available to qualified applicants.

1.800.993.4086
STUDY.VCCOLLEGE.CA

VANCOUVER CAREER COLLEGE

WHY CHOOSE SUMMER SCHOOL

ISTOCK

Though many parts of the country may be currently covered with snow, there are those students who are already looking to the summer — not necessarily to spend time on the beach, but to use it as a chance to hit the books.

And while some students are looking to fast-track their way through school, Roxanne Ross, manager of the Student Success Centre at the University of Calgary, explains there are several reasons why a student may choose the summer route — including freeing up more time during the school year.

"The reasons for taking spring/summer courses for students are pretty individual," she says. "Students may opt to take courses in the spring/summer to spread out their course load over three terms, which can increase their time to get involved in extra-curricular activities while in university, such as volunteering, participating in clubs or study abroad programs."

Because of the limited time frame of spring/summer programs, students who are interested should consider the time-management skills required.

"Spring/summer courses operate in a fairly compressed timeline and can move more quickly than fall/winter courses," Ross says. "Students may need to adopt slightly different strategies to manage their time and structure their learning in order to ensure they meet deadlines.

"Students in spring /summer courses would not have the same options for participating in full-time employment during this period, which could be a significant consideration for some students."

And, other than financial considerations, Ross says that summer school could be a viable option for all students.

"Other than students who rely on full-time summer employment to pay for you university, I would say choosing spring/summer courses is an option open to everyone," she says. "One consideration might be that if a student opts to take spring/summer courses they have access to learning and support services during this period, so if they find they are struggling, they can seek out resources."

For students considering spring and summer courses, Ross says the best first step is to reach out to the school for assistance and guidance.

"Students should meet with an academic advisor in their faculty to map out their program requirements and their plan for taking courses ahead," she says. "Students will need to ensure that they have completed the necessary prerequisites for the courses they are interested in, and take course availability into consideration when making their plan."

CONTRIBUTED

Work in a fast-paced law office

The law is a fascinating and challenging system and a career in it provides endless opportunities for learning and specialization.

In every law office, the paralegals provide the backbone that keeps operations running.

Every case is different, and requires a sense of curiosity, an analytical mind and a keen sense of judgement. Paralegals use their strong education in the Canadian legal and court system to understand each unique case and support the legal team with exacting research, analysis, and organization.

A great paralegal will develop an intuitive understanding of the policies and procedures of a modern law office, and have a strong background in administration including transcription, keyboarding, and software skills.

Choose this career path and you'll enter a fascinating world of topics, which change daily and offer fascinating stories and insights.

As a paralegal, you can pursue work in wills and estates, real estate, corporate and commercial law, civil litigation, and family law, earning up to $38.97 per hour in B.C.

A great pathway into this fast-paced and rewarding career is CDI College's Paralegal program, which provides education in legal terminology, court systems, office procedures, legal record keeping, and bookkeeping.

For more information about the paralegal program at CDI College, call 1-800-360-7186 or visit study.cdicollege.ca.

PARALEGALS EARN A MEDIAN WAGE OF $27.47/HR*

Apply to the **Paralegal** program today and start training for a rewarding, fast-paced career!

CDI COLLEGE ALSO OFFERS PROGRAMS IN:

- Dental Assisting
- Early Childhood Education
- Network Systems Engineer
- Social Services Worker – Foundations
- And More!

ASK ABOUT OUR EVENING CLASSES!

Financial assistance may be available to qualified applicants.

1.800.360.7186

STUDY.CDICOLLEGE.CA

CDI college

VCC.CA

Go ahead. Get skilled.

Skilled workers are in high demand. Explore ways to get skilled and get ahead in a new career.

Join us for a free information session

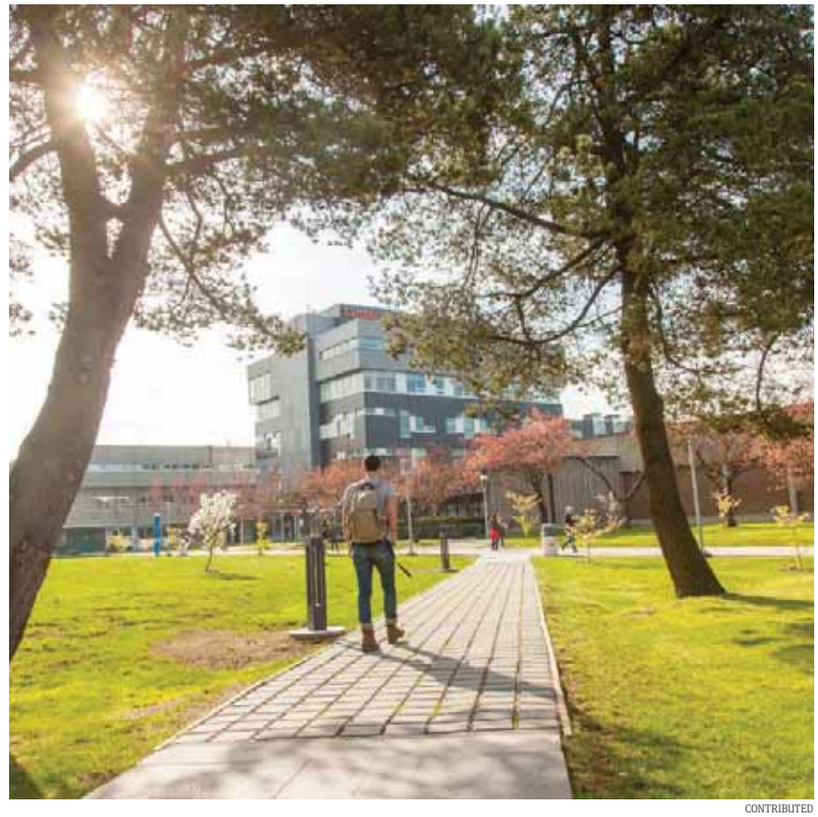
Program	Campus
Automotive trades	
Tuesday, Feb. 2, 11 a.m. – lobby, building A	Broadway
Tuesday, Feb. 9, 11 a.m. – lobby, building A	Broadway
Music	
Tuesday, Feb. 2, 4:15 p.m. – room 3001	Broadway
Adult special education	
Wednesday, Feb. 3, 3 p.m. – room 311	Downtown
English as an additional language	
Thursday, Feb. 4, 10:30 a.m. – room 1206	Broadway
Tuesday, Feb. 9, 6:30 p.m. – room 1206	Broadway
Jewellery art & design	
Friday, Feb. 5, 2 p.m. – room 160	Downtown

Downtown campus
located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus
located at 1155 East Broadway, one block west of Clark Drive, across from VCC/Clark SkyTrain station.

VANCOUVER COMMUNITY COLLEGE

VCC.CA
604.871.7000



CONTRIBUTED

Langara unveils the 2020 Strategic Plan

Langara College has mapped out its blueprint of growth and development for the next four years. The post-secondary institution is hoping its "2020 Strategic Plan" can help them build off past success and reach new heights when it comes to delivering exceptional, market-relevant programming for its students.

The plan is outlined with Langara's core purpose, mandate, and values: excellence, collegiality, innovation, and integrity.

"This plan is the result of significant input from the Langara community," said Kwin Grauer, chair, Langara Board of Governors in a media release. "It will continue to guide the college as we realize our vision as a leading provider of high quality and accessible education."

The newly announced plan is an extension of the school's first strategic plan from 2009. The newest strategy features four key components: organizational sustainability; people and culture; communities; and relevant, innovative, and high-quality programming.

"This new plan sets out the path we will take together towards our common goal of making Langara Canada's pathways college," added Langara President Lane Trotter. "It builds on the academic plan, towards a vision of a modern institution that offers innovative programming, puts our students and employees at the heart of our efforts, while increasing engagement with the various communities we serve."

ISTOCK

While the plan is designed for the next four years, Langara's initial focus for the first 24 months is to support its mission for academic excellence by prioritizing financial sustainability. For more information, click to langara.ca/langara2020.

GET YOUR HEAD OUT OF THE BOOKS

ISTOCK

There's one sure-fire way to keep up on your studies and stay ahead of stress — and that's keeping your body moving says Hal Johnson, who along with his wife Joanne McLeod, are the driving force behind the ubiquitous BodyBreak health and wellness segments.

"There are many areas where exercise can help students — one is stress," Johnson explains. "When you're physically active you release endorphins and you're far less stressed."

Johnson says he recommends students stay physical even when they're cramming for an exam or to finish a project. It's something he applies to his own day-to-day life as activity improves focus.

"While I'm long out of school, I often do meetings at the house with Joanne and I," he says. "We'll say, 'let's go for a walk' — it clears your mind. Physical movement helps you focus — it relaxes you a little and helps you be more effective.

Though some students feel that locking themselves in a room with their heads in the books will ensure success, Johnson points to his experience on the Amazing Race Canada for proof that sometimes focusing at all cost is counterproductive.

"The Amazing Race typified that when you're so focused on something, you can't see it clearly. You need to step away," he says. "That's why we took all the physical challenges — because it helped us maintain our focus."

Johnson also doesn't buy the excuse that students don't have the time to incorporate physical activity into their lives.

"All of these excuses — I don't believe any of them," he says. "You don't realize it at the time, but student life is going to be the most relaxing time you've got — there's no boss, you've got a lot of free time. I played basketball at the University of Colorado and was on the field for four hours a day with a full load at business school and I still had time."

Johnson also says a student's peer group has an impact on activity. "Look at who you're hanging out with," he says. "If they're going to the gym every day, chances are you'll go with them."

Adding exercise isn't a challenge — especially in a post-secondary environment, Johnson explains.

"Most colleges and universities have incredible exercise facilities that are available to the students," he says. "You just have to get into a habit of going. If there was only one pill to be prescribed for better health, it would be exercise."

One university spread out across the globe

CONTRIBUTED

If you want a global approach to education, look no further than the New York Institute of Technology (NYIT), says an assistant professor in the institution's School of Management.

"We call ourselves one university spread out across the globe," says Sinan Caykoylu, who teaches at NYIT's Vancouver location. "The global campus idea is such a important part of the school that when students finish their program, their diploma doesn't even specify a campus."

With locations in Long Island and Manhattan, Nanjing, China; Abu Dhabi and Vancouver, as well as with other partner universities, NYIT's international outlook includes several approaches. To start, courses are interchangeable between all locations.

"To ensure that students can move from one campus to another, we have a master syllabus so, to a certain degree, instructors must teach in a specific way that allows for standardization," says Caykoylu.

Additionally, NYIT offers online classes, which are facilitated in a typical format that includes online face-to-face meetings with instructors, as well as distance learning, which involves live streaming classes from another campus.

"The benefit is that students get different views on the subject they are studying and use different case studies," says Caykoylu, who is currently developing an online course to be facilitated from Vancouver starting in June. "It also opens up really interesting discussions."

NYIT Vancouver students also benefit from guests instructors being flown in to teach courses and an ethnically diverse full-time faculty.

M.B.A.
or
M.S. IN COMPUTER SECURITY

EARN YOUR MASTER'S DEGREE FROM A GLOBAL INSTITUTION

- AACSB-Accredited M.B.A.
- Only M.S. in Computer Security in Western Canada
- B.B.A. grads are eligible for credit transfer
- International students are eligible for post-graduate work permits

AACSB ACCREDITED

nyit.edu/canada
604.639.0942
vancouverinfo@nyit.edu
701 W. Georgia St., 17th floor
Vancouver, Canada

NYIT

Osteopathic studies

Osteopathy provides the necessary therapeutic reasoning skills and manual treatment approaches to achieve **optimal results** by viewing the body as a whole.

Educational program
for health-care practitioners

- 6 seminars/year for 5 years
- myofascial, visceral, cranial techniques
- specific osteoarticular adjustments
- clinical methodology
- guided palpation & practice

Canadian School of OSTEOPATHY
Manual Practice - Vancouver

For information
1-800-263-2816, ext. 229
admission@ceo.qc.com
www.ceo.qc.com

PCTIA REGISTERED

Information session

Thursday, April 7th at 7:00 p.m.
Pacific Central Station
Mezzanine level
1150 Station Street,
Vancouver, BC V6A 4C7
Please register at 604-694-1195
or at admission@ceo.qc.com.

ISTOCK

Learn to correctly fuel your studies

Many students go to school to fuel their mind. But students need to understand what food they put in their bodies has a direct impact on their success, explains Hal Johnson, who is, along with his wife Joanne McLeod, behind BodyBreak health and wellness segments.

"You need to find the proper fuel to support performance. Many students don't know how to fuel the body and it affects you — mentally and physically," Johnson says. "What it really comes down to is that nutrition is about 70 per cent of health. If you could only choose between a nutritionist and a physical trainer, I'd always go with the nutritionist.

"You can't outrun a bad diet."

Most people know about the Freshman 15 — and many have experienced it personally. There are a number of factors and motivators that cause students to gain weight.

"Why do they gain 15 pounds when they start university," Johnson asks, rhetorically. "For the first time, many students don't have someone cooking for them – so they're quick to get things like pizza and fried foods. Students have to learn how to eat properly."

He adds that part of it may be a reflection of homesickness.

"Many students will say, 'I miss home' and they'll grab a comfort food like chips — it makes them feel good," he says. "Your body craves salt and sugar. You get a sense of comfort with food. 'I remember eating chips in front of the TV at home.'"

Johnson also explains that students should watch out for liquid calories, such as those found in soft drinks, electrolyte and energy drinks.

And don't forget to sleep. He points to his experience on the Amazing Race as showing how poor nutrition and lack of sleep can combine to sabotage your efforts.

"We were often deprived of sleep and fed very little," he explains. "What did that do? That made us crazy and we made mistakes. What makes for good TV? It's when you're just not thinking clearly."

In the end, it all depends on what you want for yourself and your future, Johnson says.

"If your goal is to just go out and party with your friends, then by all means ignore me," he says. "But if your goal is to do your best, then give yourself the best opportunity — the only way to do that is to fuel your body properly and move it."

metro SPORTS

The Carolina Panthers will hang on for a 24-20 win over the Denver Broncos, according to EA's Madden NFL 16 Super Bowl prediction

Caps use old connections to acquire new right back

MLS

Fraser Aird on season-long loan from Rangers FC

Cam Tucker
Metro | Vancouver

There were numerous influences on Fraser Aird coming to Vancouver, including the possibility of increased playing time and apparently a positive recommendation from former Whitecaps striker Kenny Miller.

On Friday, the Whitecaps finally announced a deal to acquire a new right back, bringing Aird to the club on a season-long loan, with the option for a transfer, from Rangers FC in Scotland. That just so happens to also be Miller's current club, which he joined for a third time following a 43-game, 13-goal stint in Vancouver from 2012 to 2014.

"He's still good pals with the manager (Carl Robinson). And speaking back and forth to Robbo and speaking to Kenny Miller, that kind of got the deal over the line in a way," Aird said Monday.

Aird's resumé both at the club and international levels — not to mention the fact he's only 20 years old — suggests he's a talented prospect with potential to grow his game.

For the Whitecaps, Robinson had been searching for another right back.

Aird described himself as a versatile player, one that can also play on the wing.

When the Whitecaps released their pre-season roster last week, the only right back was 24-year-old Jordan Smith, who enters his first full year in Vancouver with seven games of MLS experience in 2015 on loan.

In 85 appearances with Rangers FC, Aird had 12 goals and 17 assists and was named that club's Young Player of the Year in 2013. On the international stage, the Scarborough, Ont., native earned his first cap with the Canadian national team last year.

But for a young player hoping to further develop their game, Aird felt he wasn't getting the necessary minutes under Rangers FC manager Mark Warburton, who took over that job last year.

"I found myself not being involved as much as I'd like to be," said Aird.

"I just thought it was in my best interest that I need to go to get regular game time and obviously speaking to (Robinson), speaking to a few other people, this was probably my best option."

Fraser Aird of Rangers FC slide tackles the Celtic's Emilio Izaguirre during a Scottish League Cup semifinal last year in Glasgow. JAMIE MCDONALD/GETTY IMAGES

> **"It was in my best interest that I need to go to get regular game time.... This was probably my best option.** Fraser Aird

Secondary Sea to Sky kit unveiled

From the ocean to the beautiful backdrop of the mountains, the Vancouver Whitecaps have found local "one-of-a-kind" inspiration for their new secondary jerseys.

The new Sea to Sky kit was released Monday, more than a month before the club kicks off the 2016 Major League Soccer regular season.

"The Sea to Sky jersey translates geography into gradient. Beginning with the dark Pacific water, deep-sea blue ripples up the kit, creating a brilliant blend of new blues before eventually transforming into sky blue, replicating the city's Sea to Sky horizon," the Whitecaps wrote in a media release.

"Rooted within the jersey are several WFC peaks that sit behind the pattern, similar to the white-capped mountains that sit silently in Vancouver's skyline. The Whitecaps FC 2016 kit is inspired by all of the above, creating a jersey that can be described just like Vancouver: one of a kind."

CAM TUCKER/METRO

Russell Teibert models the new Sea to Sky secondary kits. COURTESY WHITECAPS FC

IN BRIEF

National women's v-ball team moving to Richmond

The Canadian women's national volleyball team is moving to Richmond from Winnipeg, its home for the past 24 years.

Volleyball Manitoba was informed last week its bid submission to keep the team was unsuccessful. A formal announcement will be made by Volleyball Canada on Tuesday that the team will relocate to Richmond in early 2017.

BRAEDEN JONES/METRO IN WINNIPEG

Alex Biega GETTY IMAGES

Report: Canucks sign Biega to 2-year extension

The Vancouver Canucks have reportedly signed journeyman depth defenceman Alex Biega to a two-year contract extension worth $1.5 million, according to Renaud Lavoie of TVA Sports.

The Canucks have yet to officially announce the deal.

Biega, 27, has been recalled to Vancouver from the Utica Comets on multiple occasions this season, but his tenacious style of play has earned the praise of the coaching staff. He has four assists in 25 games with the Canucks this season.

Biega was a pending unrestricted free agent at the end of the season.

CAM TUCKER/METRO

McDavid set for return against Blue Jackets

Connor McDavid's broken clavicle is healed and his fractured rookie season resumes Tuesday night against the Columbus Blue Jackets.

"He is ready to go," Oilers head coach Todd McLellan announced Monday after McDavid skated in practice, centring a line between Jordan Eberle and Benoit Pouliot. THE CANADIAN PRESS

Nuggets end Raps' 11-game win streak

NBA

Jokic stars as Toronto ends historic run with a whimper

MONDAY in Denver

NUGGETS	RAPTORS
112	93

Nikola Jokic had 27 points and 14 rebounds, and the Denver Nuggets ended Toronto's 11-game winning streak with a 112-93 victory over the Raptors on Monday night.

Jokic's totals were season highs for the rookie. He had 23 points and 12 rebounds against San Antonio on Nov. 28.

Will Barton scored 20 points and Randy Foye had 16 for the Nuggets, who swept the season series. They won in Toronto on Dec. 3 to stop an eight-game losing streak.

The Raptors entered with the NBA's longest current winning streak but couldn't duplicate the success they had in January. They led by one midway through the second quarter but trailed by double digits for most of the second half.

DeMar DeRozan led Toronto with 24 points. His all-star backcourt mate, Kyle Lowry, scored just nine and went 1 for 6 from the foul line.

Jokic nearly had a double-double in the first half with 15 points and seven rebounds. He started slowly in the second half but scored six straight points late in the third quarter to give the Nuggets a 73-60 lead. His last basket in the sequence came when he cut through the lane and dunked off a pass from Emmanuel Mudiay.

Jokic went 2 of 4 from the line in the final 1:57 of the third to tie his career high.

The Nuggets put the game away early in the fourth. Barton scored the first eight points of the quarter to make it 88-65. Foye hit a 3-pointer to make it 97-70 with 8:03 left.

Meanwhile, Toronto coach Dwane Casey was named the Eastern Conference coach of the month for January. The Raptors were 12-2 in the month, including seven straight wins at home.

THE ASSOCIATED PRESS

11.7

The Raptors' average margin of victory, in points, during their 11-game winning streak.

Raptors centre Jonas Valanciunas shoots on Monday night in Denver. GARRETT ELLWOOD/NBAE VIA GETTY IMAGES

NHL

Scott's story could go to film, agent says

John Scott THE ASSOCIATED PRESS

John Scott, the enforcer who became a cause célèbre on his way to being named a most improbable NHL all-star game MVP on Sunday, reportedly is considering offers for the inevitable: a movie based on his adventures.

On Monday, TSN quoted agent Ben Hankinson as saying Scott will "have some different routes" available for "books and even a potential movie" after this past weekend when he scored two goals to help win the 3-on-3 tournament.

The party continued Monday when Scott was named the first star of the week.

TORSTAR NEWS SERVICE

SOCCER

Guardiola to take reins at Man City

Pep Guardiola GETTY IMAGES

Pep Guardiola will take over as manager of Manchester City on a three-year contract starting next season, with the English Premier League club finally capturing soccer's most sought-after coach four years after failing in its first attempt.

City made the announcement Monday, minutes after current manager Manuel Pellegrini ended a news conference by saying he would be leaving the club at the end of the season.

Guardiola won 14 trophies in four seasons at Barcelona and has continued to bring in silverware at current club Bayern Munich.

Pellegrini said he knew "a month ago" that he was being replaced by Guardiola.

THE ASSOCIATED PRESS

IN BRIEF

Hart reveals he has cancer

Canadian professional wrestler Bret Hart says he has prostate cancer and will undergo surgery "in the next few days."

Posting on his verified Instagram account, the Calgary-born grappler known as "The Hitman" said he was about to face his "toughest battle."

The 58-year-old suffered a significant stroke in 2002 that left him partially paralyzed, but made a successful recovery.

THE CANADIAN PRESS

Broncos give the all-good after bus in fender bender

The Denver Broncos' bus was involved in a minor accident following their practice at Stanford Stadium in Santa Clara, Calif., on Monday.

Team spokesman Patrick Smyth said nobody was injured.

THE ASSOCIATED PRESS

Randolph excels as the Grizzlies tear up Pelicans

Zach Randolph had 22 points and 12 rebounds, and Memphis beat the New Orleans Pelicans 110-95 on Monday night, marking the Grizzlies' 10th victory in 12 games.

Jeff Green scored 24 points for Memphis, and Vince Carter added 13, including a pair of back-breaking 3s in the last three minutes. THE ASSOCIATED PRESS

IOC president praises Los Angeles' Olympic Games bid

The president of the International Olympic Committee said a lot of nice things about Los Angeles on Monday after visiting proposed venues for the 2024 Games. But if he has a favourite among the four cities competing to host, he didn't share it.

Thomas Bach called the L.A. bid a strong proposal.

THE ASSOCIATED PRESS

Service Directory

To advertise call 604.602.1002

EMPLOYMENT

iMARKETING

FRENCH BI-LINGUAL CALLERS NEEDED

NOW HIRING

EXPERIENCED SALES STAFF

- Earn up to $700+ a week with guaranteed hourly wage + daily and weekly performance bonuses.
- Flexi schedule for top performers
- Paid every Friday
- Attached to SkyTrain Station
- Advancement opportunities
- Full time and Part time available
- Seniors and Students welcome

FLUENT ENGLISH IS A MUST!
Contact Chris Rhodes at 1-800-210-8579 ext 383
Monday – Thursday between 2pm – 6pm,
Any other time just leave a message and Chris will return your call.
Email: Christopher.rhodes@imkgp.com

HEALTH AND WELLNESS

SPIRITUALIST & PSYCHIC
Pandit: JAGADISH
100% GUARANTEE • ALL RELIGIONS WELCOMED
HE CAN HANDLE ANY PROBLEM
IF YOU ARE DISAPPOINTED OTHER FROM OTHER PSYCHICS & PANDITS, THEN MEET ME, GET PERMANENT SOLUTIONS
LOVE, MARRIAGE, BUSINESS, JOB, EDUCATION, FINANCIAL, SUCCESS, HEALTH, COURT CASE, DIVORCE, CHILDREN MISTAKE
REMOVES BLACK MAGIC & GIVES 100% PROTECTION
604.377.7295 | 9687 – 120 SCOTT RD, SURREY, BC

RECIPE Chili Mac

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dish combines two comforting classics — mac and cheese and chili — to make one great, satisfying dish. All the melted cheese on top doesn't hurt either.

Ready in
Prep time: 10 minutes
Total time: 40 minutes
Serves 4

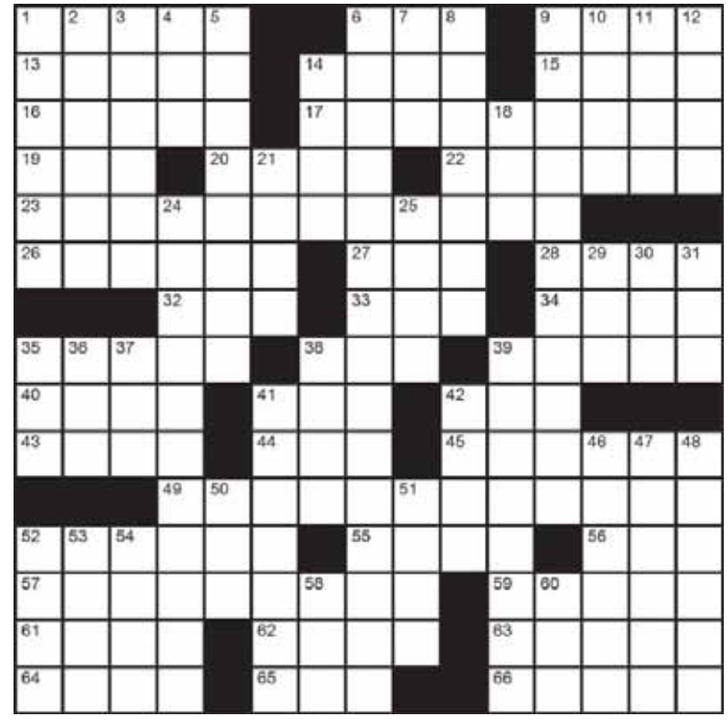
Ingredients
- 1 lb ground beef
- 1 onion, diced
- 3 cloves of garlic, minced
- 1 red, yellow or orange pepper, chopped
- 2 Tbsp chili powder
- 1 tsp cumin
- Salt and pepper to taste
- 28-oz can of tomatoes
- 19-oz can of kidney beans
- 1 cup whole wheat macaroni
- 1 cup or so of grated cheddar cheese

Directions
1. In a large pot or Dutch oven, brown your meat. Drain excess fat from the pot. Add onions, garlic and peppers and stir. Sauté until the vegetables begin to soften. Add spices, salt and pepper and stir. Let spices cook for a couple of minutes.
2. Drain the beans and add them to the pot. Do not drain the tomatoes; you'll want to use the juice. With the back of a wooden spoon, break up the tomatoes. Now stir in the dried pasta. Bring the pot to a simmer and let everything bubble away for about 15 minutes. Taste to check the seasoning.
3. Serve each bowl with a generous handful of grated cheese.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Improperly carry out
6. Basilica bench
9. Cars member Mr. Ocasek's
13. Machu Picchu inhabitant
14. Intro-to-drawing class: wd. + Roman Numeral
15. "_ _ in the Life" by The Beatles
16. Bea Arthur character
17. Reasons for some helicopter rescue missions
19. NBA's Magic team, on scoreboards
20. Crease
22. Snappy reply
23. Auxiliary
26. Gain
27. Excessively
28. Parrot
32. 'Electron' suffix
33. Holiday _ _
34. Present
35. Extra wheel
38. Band-Aid and Xerox, et al.
39. Drum kit part
40. Toronto CFL-er
41. Charge
42. School org.
43. Rover's greeting!
44. Tolkien creature
45. Fix the scarf
49. February 2nd: If the little critter sees his shadow on Groundhog Day, that means there will be how much extra of winter weather?: 3 wds.
52. "Sheesh!": 2 wds.
55. Spydom, _ Hari
56. Stir-fry pan
57. Stanley Park city
59. Kindled again
61. _ Dinesen (Pen name of Out of Africa writer Karen Blixen)
62. Plant stem bump
63. Journeys
64. Thieving flappers
65. Long river in Scotland
66. Give the go ahead: 2 wds.

DOWN
1. Champagne/orange juice drink
2. Stuck's three-word saying finisher
3. Create, like Michelangelo
4. Kirk, to Michael
5. Pie portion: 2 wds.
6. "Schitt's Creek" on CBC, as an example of one: 2 wds.
7. Wee outerspace inhabitants
8. Famous groundhog of Canada, _ Willie
9. White-toothed creature in "Groundhog" by Chilliwack
10. Prefix with 'logical'
11. Emily the Canadian painter
12. Method, for short
14. Mr. Sandler of ha-has
18. Baltic, for one
21. Poetic nightfalls
24. Menswear department purchase: 3 wds.
25. Negative responses, in French
29. Doubled dance
30. Vertical's opp.
31. Have payments
35. Carpentry tool
36. In favour
37. In times past
38. Condition
39. Jon and Rod
41. Controversial onmounted-horse with hounds countryside adventure
42. Fashionably 'ready'
46. "What Kind of Fool Am I" by Anthony _ _
47. Dixie Cups hit in 1965: 2 wds.
48. "How very, very naughty!"
50. Prefix with 'metric'
51. Uncommon
52. Roman love poet
53. _ _ good time (Enjoys)
54. Chew at
58. U.S. gov. radio service
60. Historic time

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If you allow negative thoughts to take over today then negative outcomes will follow. If, however, you make an effort to keep a positive mindset, things should turn out all right. Your mind creates your reality.

Taurus April 21 - May 21
If you're unhappy about something then speak up — but emphasize the positive. Don't get into the mindset of thinking the world is a bad place — it isn't, it's just your attitude.

Gemini May 22 - June 21
Just because someone calls themselves an "expert" does not mean you should accept what they say at face value. Checks the facts for yourself and draw your own conclusions.

Cancer June 22 - July 23
There are times when your suspicions are well founded. The planets warn you are right to be doubtful. It's not a good time to commit yourself to anything you can't get out of later.

Leo July 24 - Aug. 23
If you jump to conclusions today you could find out later that you've leapt too far. The planets warn that what you think you see and what is actually there may be two entirely different things.

Virgo Aug. 24 - Sept. 23
Give your brain a rest. If you're typical of your sign your mind is always on the go; that's not always a good thing. Even a Virgo needs some down time. Make this a relaxed day.

Libra Sept. 24 - Oct. 23
It's unlikely that you'll be thinking clearly today and if you let your fears get the better of you it could have costly implications. If someone says you need to act fast or miss out altogether you should be suspicious.

Scorpio Oct. 24 - Nov. 22
No matter how formidable your rivals are you can still defeat them. While they are busy bragging about what they are going to do, you will be the one actually doing things.

Sagittarius Nov. 23 - Dec. 21
Keep your thoughts to yourself today. You may be bursting to tell the world what you know but there is a flaw in your understanding. If you speak too soon you could look silly.

Capricorn Dec. 22 - Jan. 20
If friends and family give you advice today you should listen to it. If you don't you may regret it towards the end of the week. They are not trying to interfere — they are trying to help.

Aquarius Jan. 21 - Feb. 19
Don't expect everything to come easy to you on the work front today or tomorrow. Mars in the career area of your chart may make it look as if others are being obstructive but only because they see you as a threat.

Pisces Feb. 20 - March 20
If trying to figure it out gives you a headache then give up. You don't have to know it all, you don't have to be the best informed. Switch off your brain today.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

7			1		4			2
		3				1		
			8		3			
4		2				5		8
1		7				2		9
			9		8			
		5				7		
8			6		1			5

©2013 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

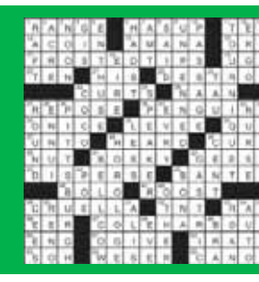
Creativity is subjective.
The truth isn't.
Truth in Advertising Matters.
ASC Advertising Standards Canada
adstandards.com/psa

metro
Tell us how you really feel.
Join our online reader panel and help make your Metro even better.
metronews.ca/panel

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



2	8	9	6	5	7	4	3	1
3	1	6	4	2	8	7	5	9
4	5	7	3	1	9	2	8	6
1	3	5	7	8	2	6	9	4
7	9	8	5	6	4	3	1	2
6	2	4	1	9	3	8	7	5
5	4	1	8	3	6	9	2	7
8	7	2	9	4	5	1	6	3
9	6	3	2	7	1	5	4	8

VANCOUVER
news
Investigates
Andrew Chang & the
CBC Vancouver News team
go beyond the headlines,
uncovering stories that
affect our city.
Weeknights at 6pm
and online anytime at cbc.ca/bc
news
VancouverCBC
@cbcnewsbc @AndrewChangCBC